

Winter Schedule of Cooking Classes & Workshops • Jan. - Mar. 2012

JANUARY

Monday, January 9 from 6:00 to 8:30 p.m.

SEAFOOD 101

Chef Arin McBlaine

\$45/\$35 Co-op Members



This class will feature valuable everyday preparation and cooking techniques such as deboning, filleting, poaching, pan roasting, and more. Three fish courses and one crab course will be demonstrated and served.



Tuesday, January 10 from 6:00 to 8:30 p.m.

DINNER WITH PACHANGA I

Belem Espitia

\$40/\$30 Co-op Members

Join us for a classic Mexican dinner featuring Albondigas ~ traditional meatball soup; Enfrijoladas ~ fresh corn tortillas covered in bean sauce and garnished with a variety of fresh ingredients; Mexican Rice; Hibiscus Flower Water; and Chocolate Chimichanga.

Wednesday, January 11 from 6:00 to 8:30 p.m.

DIM SUM

Maria Vanderhorst and Steven Dugger

\$45/\$35 Co-op Members



Forget the Chinese take-out! Learn to prepare these authentic Dim Sum dishes and enjoy them with traditional steamed

Chinese greens; Siu Mai ~ steamed pork & shrimp dumplings; Shrimp & Carrot Fried Wontons; Chinese Spring Rolls with Homemade Sweet & Sour Sauce; Bao ~ steamed & baked buns; Baked Char Siu Bao ~ barbecued pork buns; Green Onion Buns with Steamed Chicken, Shiitake Mushroom and Hard Boiled Egg.

Thursday, January 12 from 10:30 a.m. to 12:00 p.m.

GET THE LOWDOWN ON LABELS

Margaret Stevens

RN and Certified Diabetes Educator



Free

What is that nutrition facts box telling you, and how does it relate to your health? Come to grips with serving sizes, total carbohydrates, monounsaturated and trans fats, and more. You'll also learn the new sodium regulations, find out just how much sodium is in everyday foods – even the ones you thought were healthy.

Thursday, January 12 from 6:00 to 8:30 p.m.

HUMBOLDT WINTER FRENCH STYLE I

Chef Alex Begovic

\$45/\$35 Co-op Members



Cozy up in the Community Kitchen with this latest menu from Chef Alex's ever-popular Humboldt-French fusion cuisine. Potato Leek Soup; Roasted Beet Salad with Dijon Vinaigrette, Shredded Hard Boiled Egg and Parsley; Coq au Vin; and Chocolate Bread Pudding.

Saturday, January 14 from 12:00 to 2:30 p.m.

BREWING FOR BEGINNERS

Jamie Ashdon \$55/\$45



Co-op Members

Come and learn how easy and satisfying home-brewing beer can be. This workshop will cover basic brewing vocabulary, proper cleaning and sanitizing of equipment, the basic kit you'll need to get started, ingredients and recipes, proper yeast handling and basic fermentation practices. The class will brew a batch of beer using malt extract, specialty grains and whole hops, so you touch, smell, and taste the ingredients at every step of the process.

**REGISTER EARLY
CLASSES FILL UP QUICKLY!**

At the 4th and B Street Location in Eureka

North Coast Co-op Community Kitchen in Eureka • (707) 443-6027 • www.northcoastco-op.com



Tuesday, January 17 from 10:00 a.m. to 1:00 p.m.

ARTISAN BREAD

Rhonda Wiedenbeck

\$35/\$25 Co-op Members

Learn easy ways to make a great loaf of artisan-style bread at home. Topics include: flavor development, new kneading techniques, and clever ways to create a bakery oven inside your home oven. Rhonda will also provide tips on the care and feeding of the sourdough culture you'll take home with you at the end of class. Sample "fresh from the oven" bread and toppings for lunch before you leave.

Wednesday, January 18 from 6:00 to 7:00 p.m.

WHOLE GRAIN GOODNESS: AMARANTH

Co-op Staff Instruction



\$20/\$10 Co-op Members

Want to add more healthy grains to your everyday meals and stretch your budget? Join us as we demonstrate and serve up three dishes featuring this 8,000-year-old grain along with fresh seasonal produce.

Saturday, January 21 from 11:00am to 12:30 p.m.

GLUTEN-FREE CURIOUS?

Dr. Bob Cory and Brenda Harper



Free

Join us in a roundtable discussion on the ins and outs of living a gluten-free life. Bob Cory, PhD and Brenda Harper, Consumer Educator at the Co-op, will lead the conversation. Anyone interested in a gluten-free life, for themselves or a loved one, will gain useful information from this workshop. Participants are encouraged to share their experiences.

Monday, January 23 from 6:00 to 8:30 p.m.

COOKING FROM THE PANTRY

Chef Jon Hoeschen



\$45/\$35 Co-op Members

Enjoy a selection of distinctive flavors inspired by Australian food stylist and author Donna Hay. Roasted Capsicum Soup with Grilled Garlic Croutons; Balsamic Chicken Salad with Grilled Winter Vegetables; and Chocolate Truffle Cake.

Tuesday, January 24 from 11:30 a.m. to 12:30 p.m.

HEALTHY MEALS ON A BUDGET

Co-op Staff Instruction



\$15/\$5 Co-op Members

This class will feature three healthy, delicious, and economical dishes chock full of seasonal produce and whole grains that will please the whole family.

Tuesday, January 24 from 5:30 to 8:30 p.m.

GLUTEN-FREE BAKING WITH NATURAL DECADENCE

Rosa May Dixon and Milia Lando



\$45/\$35 Co-op Members

Finally gluten-free that tastes amazing! Rosa May Dixon and Milia Lando own Natural Decadence, a Humboldt County gluten-free bakery. They will take you through all the essentials you will need to adapt conventional recipes or create delicious gluten-free baked goods such as cookies, cupcakes and quick breads from scratch.



Wednesday, January 25 from 6:00 to 8:30 p.m.

GOURMET TAILGATE PARTY

Maria Vanderhorst

\$45/\$35 Co-op Members

Football fans – this is your class! Join us for a Super Bowl food party in the Community Kitchen! Fresh Tortilla Chips with Hot Artichoke & Spinach Dip; Thai Style Chicken Wings with Cilantro Honey Sauce; San Francisco Cioppino with Sourdough Bread; Indian Spiced Meatballs with Yogurt Cucumber Garlic Dip; Mini Sausage Sandwiches with Caramelized Onion and Gruyère Cheese Topping.

Thursday, January 26 from 10:00 a.m. to 12:00 p.m.

YOU CAN PREVENT DIABETES

Margaret Stevens

RN and Certified Diabetes Educator



Free

Diabetes is the fastest-growing chronic disease in the United States, and 25% of all new cases of adult onset (type 2) diabetes occur in children under the age of 18. The CDC says that by 2050, one in three Americans will have diabetes. Learn how you and your loved ones, with just a few basic changes in your daily routine, can avoid this chronic condition.

Workshop | Gluten-Free | Hands-On | Wine Served | Vegetarian | Kids



Schedule of Cooking Classes & Workshops

Monday, January 30 from 6:00 to 8:30 p.m.

PASTA FROLLA

Simona Carini

\$35/\$25 Co-op Members

Crostata, a tart that can be filled with any number of different ingredients, is found throughout Italy in restaurants, bakeries, pastry shops, and the homes of passionate bakers. The base of a crostata is pasta frolla, versatile dough that is prepared in advance (and can be frozen) before creating crostata and frollini (cookies). Learn how to make the dough, as well as three recipes for crostata (fruit preserves, pastry cream, and fresh fruit & pastry cream), and two recipes for cookies.

Tuesday, January 31 from 6:00 to 8:30 p.m.

HUMBOLDT WINTER FRENCH STYLE II

Chef Alex Begovic

\$45/\$35 Co-op Members

More Humboldt-French fusion magic from the kitchen of Co-op favorite Alex Begovic. Enjoy the bold flavors of this hearty winter menu: Creamy Beet Soup; Roasted Fennel Salad with Apples, Radicchio, Croutons and Apple Cider Vinaigrette; Cabbage, Potato and Sausage Stew; and Pound Cake with Pomegranate Syrup and Vanilla Bean Crème Anglaise.



FEBRUARY

Wednesday, February 1 from 6:00 to 7:30 p.m.

SEED STARTING TIPS & TRICKS

Rita Jacinto

Flying Blue Dog Farm & Nursery

\$20/\$10 Co-op Members

This workshop will cover all the basics of seed starting: soil, light, temperature, scarification, stratification and involution! Rita will also demonstrate how to build a simple PVC light stand that will boost your seed starting success.



Friday, February 3 from 6:00 to 8:30 p.m.

PARTY APPETIZERS

Chef Arin McBlaine

\$45/\$35 Co-op Members

Looking to add some new and impressive offerings to your party repertoire? Chef Arin will present tips and techniques for creating seven beautiful and delicious appetizers with a fusion theme to make the most of seasonal flavors.



Monday, February 6 from 6:00 to 8:30 p.m.

DINNER WITH PACHANGA II

Belem Espitia

\$40/\$30 Co-op Members

Another interpretation of classic Mexican dining from Chef Belem featuring Albondigas ~ traditional meatball soup; Chili Verde ~ flavorful slow cooked pork with green chili sauce; Fresh Corn Tortillas; Horchata ~ rice water beverage; and Fried Banana.

Wednesday, February 8 from 6:00 to 8:30 p.m.

KNIFE SKILLS AND BASIC PREP TECHNIQUES

Steven Dugger

\$35/\$25 Co-op Members



Knives are the most versatile tools in the kitchen. Learn professional techniques for better, faster, and safer knife skills. This presentation and hands-on class will feature basic knife handling, classic cuts, and specific prep and garnishing techniques for working with various types of produce. You'll get to practice your skills as we work together to create an entrée for all to enjoy. Please bring a Chef's knife and cutting board.

Thursday, February 9 from 6:00 to 8:30 p.m.

FRENCH FAST FOODS

Chef Alex Begovic

\$45/\$35 Co-op Members

French fast food couldn't be more different than the typical American meal-on-the-go. Revel in these comforting, quick to make, typical foods of France. Chicken Liver Mousse with Brie, French Bread and Cornichons; Croque Monsieur; Jambon Beurre ~ classic ham sandwich; and Croissant au Chocolat with Raspberry and Almond.



REGISTRATION:

All cooking classes and workshops are at our 4th and B location, unless otherwise specified.

Register for classes at:
www.northcoastco-op.com

or call Customer Service (707) 443-6027 or
Contact Lauren Fawcett (707) 443-6027, ext. 102.

Class and workshop times vary. Please register at
least 24 hours in advance. Pre-registration and pre-
payment are required for all classes and workshops.

Cancellations require a 24-hour notice.

CHEF ALEX BEGOVIC

Carrot Salad with Bacon, Green Onions & Dijon Vinaigrette

Salad Ingredients:

- 8 C of carrots, peeled and finely sliced
- 1/2 lb of bacon, chopped and cooked
- 1 C chopped green onions

Dijon Vinaigrette Ingredients:

- 1 C oil
- 3 T. Dijon mustard
- 3 T. white wine vinegar
- 1 t. kosher salt
- Black pepper to taste

Preparation:

Place the carrots in a pot and cover with cold water, bring to a boil and cook until tender but not mushy. Drain into a colander. Process all vinaigrette ingredients together with an immersion blender until emulsified. Toss together salad and dressing along with the other ingredients and serve right away.



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Cooking Local Tip:

Find carrots from Pierce Family Farm (Orleans) in the Co-op produce section in early winter. Pierce carrots, by far, are the sweetest and most tender. Perfect for carrot salad!

Workshop | Gluten-Free | Hands-On | Wine Served | Vegetarian | Kids



Schedule of Cooking Classes & Workshops



Friday, February 10 from 6:00 to 8:30 p.m.

WE'RE ON A ROLL!

Betty Thompson

\$40/\$30 Co-op Members

International cooking specialist Betty Thompson introduces us to a Sicilian specialty, Cannoli. These rolled pastry shells are fried crispy and filled with sweetened ricotta, bits of chocolate, and candied orange peel. Before we get to dessert, we'll feast on a refreshing starter of Shaved Fresh Fennel with Lemon Vinaigrette and Chevre, followed by Stuffed Rolled Flank Steak with Pesto and Pinenuts served with Semolina Dumplings.

Monday, February 13 from 6:00 to 8:30 p.m.

FIELDS OF GREENS VEGETARIAN CLASSICS

Chef Jon Hoeschen

\$45/\$35 Co-op Members



Enjoy these delightful recipes from Executive Chef Annie Somerville of Greens Restaurant in San Francisco. Tomato, Saffron, and Roasted Garlic Soup; Mushroom Risotto with Grilled Leeks and Fennel; and Meyer Lemon Pots de Crème.

Wednesday, February 15 from 6:00 to 7:00 p.m.

HEALTHY MEALS ON A BUDGET

Co-op Staff Instruction

\$15/\$5 Co-op Members



This class will feature three healthy, delicious, and economical dishes chock full of seasonal produce and whole grains that will please the whole family.

Thursday, February 16 from 6:00 to 7:30 p.m.

WOMEN AND HEART DISEASE

Margaret Stevens,

RN and Certified Diabetes Educator

Free



It always used to be the case that heart disease was a men's disease, but sadly that's no longer the case. Not only has our risk passed that of men, but if we have a heart attack, under some circumstances, we are much more likely to die. And if we have diabetes along with heart disease, we are twice as likely to die. This class spells out the reasons our risks are so much higher and teaches us how to protect ourselves against becoming a sad statistic.



Monday, February 20 from 6:00 to 8:30 p.m.

HUMBOLDT WINTER FRENCH STYLE III

Chef Alex Begovic



\$45/\$35 Co-op Members

Treat yourself to this delectable menu of Humboldt-French fusion cuisine from Chef Alex: Cream of Cauliflower Soup with Cypress Grove Midnight Moon Cheese; Pommes de terre Dauphine ~ similar to potato croquettes; Pork Tenderloin Stuffed with Apples, Bacon and Caramelized Onions with Hard Cider Cream Sauce; and Chestnut Mousse.

Tuesday, February 21 from 12:00 to 1:00 p.m.

GLUTEN-FREE CURIOUS?

Dr. Bob Cory and Brenda Harper



Free

Join us in a roundtable discussion on the ins and outs of living a gluten-free life. Bob Cory, PhD, and Brenda Harper, Consumer Educator at the Co-op, will lead the conversation. Anyone interested in a gluten-free life, for themselves or a loved one, will gain useful information from this workshop. Participants are encouraged to share their experiences.

Wednesday, February 22 from 6:00 to 8:30 p.m.

COMFORT FOODS MADE HEALTHY

Maria Vanderhorst

\$40/\$30 Co-op Members

These satisfying dishes have tons of flavor and they're healthy, too! Vietnamese Chicken and Rice Noodle Soup; Grilled Shrimp, Arugula and Tomato Pizza with Goat Cheese Crumble; Southwest Turkey Burger Sliders with Corn Salsa; Oven Baked Macaroni and Cheese; and Dark Chocolate Hazelnut Truffles.

Sunday, February 26 from 11:00 a.m. to 1:00 p.m.

CULTURED NUT MILKS, SEED CHEESES, AND RAW SNACKS

Linda Redfield, Certified Clinician in

Whole Foods Nutrition



\$35/\$25 Co-op Members

Cultured foods help with digestion and mineral absorption. In this class we will learn how to culture raw nuts and seeds into tasty treats like: Coconut Almond Kefir; Pimento Cheese; Mediterranean Olive Herb Cheese; Carrot Orange Almond Balls; Apple Cinnamon Hazelnut Wafers; and Sesame 'Noritos' with Mixed Veggies. Linda will also provide additional recipes as well as instructions on how to make an incubator for little or no cost.

MARCH

Thursday, March 1 from 6:00 to 8:30 p.m.

ADDICTED TO VEGGIES

EASY GOURMET RAW FOOD FOR EVERYONE

Sarahfaé

\$40/\$30 Co-op Members



Approachable raw vegan food with familiar ingredients, gourmet flair, simple preparation and tasty results. Learn tips and techniques for achieving cooked food flavor through a new and exciting raw food perspective. Gluten-free, dairy-free and no dehydrator needed for these recipes. Handmade Cheeze; Crimini Mushroom 'Meat'balls with Wilted Kale and Lemon Garlic Butter; and Spiced Apple Cheezecake Bites.

Sunday, March 4 from 4:00 to 6:00 p.m.

SUNDAY SUPPER

Co-op Staff Instruction



\$30/\$20 Co-op Members

Join us for an informal get-together to celebrate Humboldt's winter bounty, as we prepare and share a seasonal vegetarian feast. Would you like to see us develop a semi-regular Sunday Supper Club? Come along and let's talk about what that club might look like!

Wednesday, March 7 from 6:00 to 7:00 p.m.

WHOLE GRAIN GOODNESS

OAT GROATS

Co-op Staff Instruction



\$20/\$10 Co-op Members

Want to add more healthy grains to your everyday meals and stretch your budget? Join us as we demonstrate and serve up three dishes featuring this low carbohydrate and high protein grain along with fresh seasonal produce.

Thursday, March 8 from 6:00 to 8:30 p.m.

HUMBOLDT WINTER FRENCH STYLE IV

Chef Alex Begovic



\$45/\$35 Co-op Members

More delicious French winter classics with a Humboldt twist from Chef Alex. Tonight's menu features Cabbage, Apple and Ham Soup; Classic French Carrot Salad; Blanquette au Poulet ~ traditional French bourgeois chicken dish; and Chocolate Mousse.

Workshop | Gluten-Free | Hands-On | Wine Served | Vegetarian | Kids



Schedule of Cooking Classes & Workshops



Friday, March 9 from 6:00 to 8:30 p.m.

FAR OUT FAR EAST FINGER FOOD

Chef Pailin Butterfield  

\$45/\$35 Co-op Members

Treat your fingers and taste buds to a Far East feast! Goong Hom Pha ~ shrimp dressed in crispy jackets with sweet chili sauce and fresh pineapple; Fresh Vietnamese Spring Rolls with Nuoc Cham Sauce; Cecilia's Minced Chicken and Lettuce Cups; Sate Bali ~ authentic Balinese skewered chicken with peanut sauce; and for dessert, Ayutthaya's (in)famous "Crazy Hothead" Coconut Bars. Far out indeed!

Monday, March 12 from 6:00 to 8:30 p.m.

LET'S GET CRACKING!

Simona Carini

\$40/\$30 Co-op Members

Alongside spreads or cheese, crackers are a great addition to an appetizer or cheese platter. In this class, you will learn to make three kinds of savory baked goods to pair with your favorite spreads and cheeses. Using a simple yeasted dough, Simona will make thin and crisp lavash crackers, create white bean wafers made from puréed beans, and for a buttery treat, sample a savory version of pasta frolla (Italian tart dough). Bonus recipe: tapenade.

Tuesday, March 13 from 6:00 to 8:00 p.m.

You CAN Prevent Diabetes

Margaret Stevens

RN and Certified Diabetes Educator 

Diabetes is the fastest-growing chronic disease in the United States, and 25% of all new cases of adult onset (type 2) diabetes occur in children under the age of 18. The CDC says that by 2050, one in three Americans will have diabetes. Learn how you and your loved ones, with just a few basic changes in your daily routine, can avoid this chronic condition.

Wednesday, March 14 from 6:00 to 8:30 p.m.

TRADITIONAL FILIPINO COOKING

Maria Vanderhorst

\$40/\$30 Co-op Members

Experience the diverse flavors of the Philippines in this wide-ranging menu: Tinolang Manok ~ chicken ginger sour soup with chayote and chili leaves; Ukoy ~ shrimp, bean sprout, yam and green onion fritters with soy vinegar garlic sauce; Kinilaw ~ fresh tuna, red and green bell peppers and onions with vinegar and coconut cream dressing; Filipino Pork Menudo with Puto ~ tomato based stew with pork, red bell peppers, onions, garlic, carrots, potatoes and garbanzo beans served with steamed rice cakes; Kare-Kare ~ beef and oxtail peanut stew with green beans and eggplant served with steamed rice; and Leche Flan ~ vanilla custard.

Thursday, March 15 from 6:00 to 8:30 p.m.

MEDITERRANEAN MIX

Betty Thompson

\$40/\$30 Co-op Members

International gourmet food expert Betty Thompson starts our journey around the Mediterranean with Sautéed Mussels and Garlic Herbs. We'll move on to Avgolemono Soup (egg lemon soup) with Orzo and from Cyprus we'll sample Braised Pork with Mushrooms and Whole Coriander Seeds, served with a Bulgur Pilaf studded with Fruit and Nuts. The delightful dessert will be Birds' Nest Baklava.

Monday, March 19 from 6:00 to 8:30 p.m.

JAMES BEARD'S AMERICAN COOKERY

Chef Jon Hoeschen

\$45/\$35 Co-op Members

Tonight, Chef Jon celebrates the iconic American chef and food writer with a classic menu of Warm Spinach Salad with a Bacon Fig Dressing; Sautéed Pancetta Wrapped Pork Tenderloin with Honey Dijon Sauce served with Lyonnaise Potatoes and Sautéed Seasonal Vegetables; and Red Velvet Cake with White Velvet Icing.

Tuesday, March 20 from 12:00 to 1:00 p.m.

HEALTHY MEALS ON A BUDGET

Co-op Staff Instruction

\$15/\$5 Co-op Members



This class will feature three healthy, delicious, and economical dishes chock full of seasonal produce and whole grains that will please the whole family.

Tuesday, March 27 from 6:00 to 7:00 p.m.

HYPERTENSION CONTROL THROUGH IMPROVED NUTRITION

Margaret Stevens

RN and Certified Diabetes Educator

Free



High Blood Pressure or Hypertension is often called the "Silent Killer" because many times there are no symptoms. Unless you regularly monitor your blood pressure, the first sign of hypertension may be a debilitating stroke that changes your life forever. This class will help you understand what hypertension is, what causes it, and how to control it with simple nutritional changes that may change the course of your life.

Wednesday, March 28 from 6:00 to 8:30 p.m.

SOUTH OF THE BORDER

Betty Thompson

\$40/\$30 Co-op Members

The star of this culinary adventure around Mexico is Chicken in Pipian ~ green mole with pumpkin seeds and spices. Accompaniments include Fideo (pasta) with Chorizo, Yucca in Garlic Sauce, and Platano Frito (ripe plantains). The dessert will be individual Pina Colada Cheese Cakes.

INTERESTED IN TEACHING A COOKING CLASS OR WORKSHOP?

- The Co-op seeks creative, fun and energetic instructors for its Community Kitchen Cooking School. The first step is to submit a class proposal and some information that lets us know about your ideas and experience with the topic.
- Submit a short (3-5 sentence) bio, the cooking class topic, suggested class name, the names of the recipes to be created in the class, and a short description of what students might expect to learn through attending your class. Please keep this to around 4-5 sentences. Select 3-4 possible dates for each class. All ingredients for cooking classes are supplied by the Co-op. Instructors are paid as independent contractors, and all class registrations and fees are handled through the Co-op. Make sure to include all of your contact information (phone numbers, e-mail, and address).
- Please e-mail your information to laurenfawcett@northcoastco-op.com. Once reviewed, you will be contacted to discuss your class proposal.

Thursday, March 29 from 6:00 to 8:30 p.m.

HUMBOLDT WINTER FRENCH STYLE V

Chef Alex Begovic

\$45/\$35 Co-op Members

Chef Alex tempts us with the foods of early spring with this seasonal Humboldt-French fusion menu. Cream of Purple Potato Soup; Braised Beef Salad with Beets, Onions, and Dijon Vinaigrette; Roasted Fennel with Bacon and Gruyere Béchamel; and Strudel Style Baked Pears.

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